

Why Is G.I. In Trouble?

Dealing with Digestive Problems –The Treatment (Part 2)

Website: [Healthy Christian Living - Living by the Blueprint](#)

S/SX: OF DIGESTIVE PROBLEMS:

Taken from the Merck Manual, 2003

- A. Diarrhea**
IBS irritated and caused by dairy
It's an allergic reaction in many people
- B. Constipation**
- C. Bleeding from the digestive tract**
Blood in the stool
- D. Dyspepsia**
- E. Regurgitation**
- F. Difficulty swallowing**
- G. Globus sensation**
The sensation of having a lump in the throat
- H. Abdominal pain**
- I. Chest or low back pain**
- J. Flatulence**
- K. Loss of appetite**
- L. Nausea**
- M. Vomiting**

THE TWO PRIMARY TYPES OF INFLAMMATORY BOWEL DISEASE ARE:

- **CROHN'S DISEASE**
Chronic Inflammation of the Intestinal Wall
Chronic diarrhea is the main symptom along with cramping abdominal pain
Sometimes the stool may be bloody

- **ULCERATIVE COLITIS**
Also:
IBS
DIVERTICULITIS
COLON CANCER
Grows slowly and does not show symptoms for a long time in most cases
S/Sx:
Bleeding
Cramping in the abdominal area
Bleeding during bowel movements

TX: (Treatment)

- **Fill out a Digestive Assessment Form**
If you don't have this, please send me an email to rbbushor93@verizon.net for this
- **Fast for a day or two**
- **Remember the Laws of Health**

1. Nutrition

Regulate the diet

2. Exercise

Walk every day for at least an hour

To learn how to work up to this by reading 'Basic Principles for the Healing Program'

3. Water

Read the 'Two Month Program' to learn the water formula calculation

4. Sunshine

5. Temperance

6. Air

Do deep breathing exercises

Breathe in through the nose as hard as you can and hold x 10 seconds

Exhale out your mouth as hard as you can

Do 5 sets of these, 2 x day

7. Rest

8. Trust in God

9. Don't forget to dress properly

Not covering the extremities even in the summer causes **congestion of the bowels**

• **Remove all dairy products from the diet**

Milk

Cheese

Ice Cream

Butter

Read all ingredients for "casein" and "whey"

• **Remove all flesh and animal products**

Meat

Eggs

• **Remove all items that are an enemy to health**

MSG

Aspartame

Soy Sauce

Food Additives

Preservatives

Food Coloring

Fried foods - And everything else we have discussed

• **Increase Fiber**

See document on fiber

• **Blackstrap Molasses**

1 to 2 T. a day

• **Turmeric helps the bowel wall**

HERBS GOOD FOR THE COLON:

• **Slippery Elm Bark**

Can mix a teaspoon of this powder with applesauce

• **Fennel Seed**

Make a tea out of this with 1 to 2 tsp of the seed boiled x 30 minutes

Drink one 8 oz. cup 2 x day....can add slippery elm powder to this tea

- **Chamomile tea**
Soothes the stomach and intestinal tract
- **Peppermint tea**
Soothes the stomach and intestinal tract
May use a drop or two of eucalyptus oil that you can ingest mixed in hot water

A FEW OTHER THINGS THAT HELP TREMENDOUSLY:

- **Eating foods high in magnesium**
Read Encyclopedia of Foods and Their Healing Power, Volume 1, page 400 for a list
Send an email to me at renee.bushor@gmail.com for the document on magnesium
A blood test is the wrong test to have done to check your magnesium levels due to only 1% of magnesium found in the blood
To get the correct test done, have an EXATEST done by calling **541-245-3212**
- **Maintain healthy Vitamin D levels in the body**
Your levels should be at least 70-100 ng/ML
Get a 25 Hydroxy test done to check your levels
Always ask the doctor for your results as in a number, not “it’s okay” or “normal”
Most times, what doctors and hospitals consider normal or dangerously low
In the summer months, take advantage of being outdoors and get all the sun you can
In the colder months, take 4-5 drops of Nature’s Answer Vitamin D drops
1 drop = 2000 IUs; 1 serving is 2 drops/4000 IUs
If taking this supplement, get your levels checked every 2 months
May order from www.vitacost.com

“In regard to that which we can do for ourselves...I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body.” {MM 230.1}

- **Bathe at least 3-4 x’s a week**
“Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week...persons who are diseased surely need the advantages and blessings of bathing as often as twice a week, and frequently even more than this is positively necessary...bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened...” (CH 104.1)

DO NOT:

- **Drink soda, including diet**
- **Drink carbonated beverages or water like Perrier**
- **Drink coffee or tea**
Black, White, Green, Lipton, and Chai
- **No Energy drinks**
- **Don’t mix fruit and veggies at the same meal**
This includes not mixing tomatoes with salad or greens. See top of CD 395 and CD 324.1
- **Don’t eat fried foods**
This includes French Fries, Potato chips, fried corn chips, etc.
- **Don’t eat any white refined products**
Rice, Flour, Pasta, Sugar, and Bread

- **No sugar products except for honey**
No Splenda, Equal, and or any other artificial sweeteners
- **No Smoking**
- **No Alcohol in any form**
- **No Eating Meat including fish**
- **No eating cheese**
- **No MSG or any of the 25+ hidden names of MSG**
- **No snacking between meals**
- **Don't wear Skirts suspending from the Hips – CTBH 89**
- **No Vinegar**
- **No Condiments**

FOOD FOR THE COLON:

- Apples
- Beans
- Cactus
- Carob
- Cherries
- Figs
- Fruit
- Fruit
- **Fruit for Large Bowels**
- Grapes
- **Grounded flax seed** – 2 T. each day
- **Honey** – Honey kills the bacteria of diarrhea. It also helps make friendly bacteria.
- Legumes
- **Olive oil** (cold pressed)
- Olives
- Papaya
- Prunes
- Pumpkin
- Strawberries
- Vegetables
- Wheat Bran
- Whole Grain Bread
- Whole Grains
- **6MR 346.3**

NOTE: DO NOT DO COLONICS!!!

“There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefitted. **But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness.**” {LLM 178.2}

IT'S CRUEL TO BOTTLE FEED A BABY IF THE MOTHER CAN BREAST FEED IT

GIVING THE WRONG TYPE OF MILK CAN CAUSE STOMACH PROBLEMS LIKE COLIC:

“It ever has appeared to me to be COLD, HEARTLESS business for mothers who can nurse their children to turn them from the maternal breast to the bottle...disturbances of the stomach and bowels are liable to occur, and the much-to-be-pitied infant becomes diseased, if it were healthy when born.” (CD 227.2)

REMEDIES:

- **#1: TO RELIEVE COLON PAIN**
 1. Fast for a day or two
 2. Make a Charcoal Poultice
<https://www.youtube.com/watch?v=mwfaaHTsuYo>
 3. Drink a Charcoal Slurry
<https://www.youtube.com/watch?v=epOubgdzUXQ>

- **#2: TO REPLACE ELECTROLYTES AFTER VOMITING/DIARRHEA**
 1. Get $\frac{3}{4}$ c. **White** Grape Juice and a pinch of salt
 2. Drink that instead of Pedialyte
This replaces the electrolytes lost
For children mix $\frac{1}{2}$ water and $\frac{1}{2}$ the white grape juice

- **#3: NAUSEA AND/OR VOMITING**
 1. **Adults**
Mix at least 2 T. activated charcoal in 24 oz. of water and drink quickly
Do this every 2 hours as needed. You may even start with 3 T.
If your stomach is really bad, the charcoal will detect this and will cause you to vomit again
Drink some again right away. Be sure to drink the electrolyte drink if vomiting occurred and drink this when vomiting has completely stopped.

 2. **Children**
Do the same as above but give $\frac{1}{3}$ to $\frac{1}{2}$ depending on the age of the child

- **#3: DIARRHEA IN CHILDREN**
 1. Mix a little apple sauce with some carob powder
 2. Give by mouth
<http://www.digherbs.com/carob.html>
 3. 1 T. honey for Adults
1 t. for small children
NEVER GIVE HONEY TO CHILDREN LESS THAN ONE YEAR OLD
HONEY KILLS THE BACTERIA RESPONSIBLE FOR DIARRHEA

- **#4: COLIC**
 1. Rub pure cold pressed olive oil on the gums and tongue
 2. Make chamomile or catnip tea and give in a bottle; do half water and half tea
 3. Put a tsp of charcoal in a bottle of water at another time

- **#5: CONSTIPATION**
 1. For **Adults**, drink 32 oz. water
For **children**, give 11 to 16 oz. of water depending on the age of the child

 2. If that doesn't work quickly, give 100% pure Olive oil (cold pressed) by mouth

1 to 2 Tbsp. my mouth for **Adults**
1 to 1 ½ tsp. for **children**, depending on the age
For **babies** rub some on the gums and tongue

- **#6: GAS**
 1. Mix 2 Tbsp. activated charcoal in 20 oz. of water and drink quickly
Do this every 3 to 4 hours as needed

 - **#7: HEARTBURN**
 1. Drink two to three 8 oz. cups of water at first
 2. If this doesn't work within 10 to 15 minutes, take 2 to 3 T. activated charcoal in 24-32 oz. of water. Do this every 3-4 hours

 - **#8: ULCERS**
 1. Fast for a meal or two
 2. Drink Cat's Claw Tea
Use 1 or 2 tsp of the dried herb and cover with 8 oz. boiling water and then steep x 20 minutes
 3. Use 2 Tbsp. activated charcoal in 20 to 24 oz. of water/ 2 x day
 4. **NO SPICY FOOD OF ANY KIND**
No black pepper, cayenne pepper, hot peppers, tabasco sauce, Crystal sauce, jalapeno peppers
 5. Drink plenty of water throughout the day

 - **#9: INDIGESTION**
 1. Mix 2 T. activated charcoal in 20 oz. of water and drink quickly
 2. Do this every 3 to 4 hours as needed
 3. You may need to initially start with 3 T.

 - **#10: INFLAMMATION OF THE BOWELS**
 1. Drink a Charcoal Slurry
 2. Put a Charcoal Poultice made with psyllium seed over the bowels x 1-2 hours
Make a new poultice for each application
 3. Do each remedy at least 2 x a day

 - **#11: APPENDICITIS**
 1. Stop eating right away and then fast for a day or two
 2. Drink some warm water
 3. Apply a charcoal poultice over the appendix several times a day
 4. May apply a warm castor oil pack over the area

 - **#12: BLEEDING OF THE BOWELS/BLOOD IN THE STOOL**
 1. Drink a Charcoal Slurry
 2. Put a Charcoal Poultice made with psyllium seed over the bowels x 1-2 hours
Make a new poultice for each application
 3. Do each remedy at least 2-3 x a day
- CAUTION WHEN USING ACTIVATED CHARCOAL!!!**
1. Only take activated charcoal 2 hours before or after taking medication
 2. Always drink plenty of water after drinking activated charcoal as it has the tendency to constipate

3. Charcoal makes the stool black, so don't be alarmed

• **#13: IBS/COLITIS/CROHN'S DISEASE**

1. Drink a Charcoal Slurry
2. Put a Charcoal Poultice made with psyllium seed over the bowels x 1-2 hours
Make a new poultice for each application
3. Do each remedy at least 2-3 x a day

SOME QUOTES:

"For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions." (CD 320.3)

ARTICLES ABOUT THE DIGESTIVE TRACT AND COLON:

• **GOOD DIGESTION TO PREVENT CANCER:**

http://w3.newsmax.com/blaylock/17a.cfm?promo_code=29F5-1

• **DIET MAY INFLUENCE GUT BACTERIA MORE THAN GENES**

<http://www.medicalnewstoday.com/articles/287339.php>

PEPPERMINT OIL EASES IBS

<http://www.newsmax.com/Health/Health-News/ibs-peppermint-oil-irritable/2015/05/19/id/645481/>

• **WANT BETTER BOWEL MOVEMENTS? SQUAT, DON'T SIT**

<http://articles.mercola.com/sites/articles/archive/2015/06/01/benefits-squats.aspx>

• **WHEN YOU EAT IS AS IMPORTANT AS WHAT YOU EAT**

VIDEOS:

- <http://nutritionfacts.org/video/turmeric-curcumin-and-colon-cancer/>

PROBIOTICS NOT NECESSARY ARTICLES

HONEY CAN BE USED INSTEAD

- <http://www.bitsofscience.org/bee-honey-lactic-acid-bacteria-probiotic-food-5273/>
- <http://bmccomplementalalternmed.biomedcentral.com/articles/10.1186/1472-6882-6-6>

BEE POLLEN INSTEAD OF PROBIOTICS

- http://www.mercola.com/article/diet/bee_pollen.htm

GARLIC AND PROBIOTICS

- <http://www.livestrong.com/article/504711-garlic-and-probiotics/>

WHAT HERBS AND FOOD ARE PROBIOTIC

- <http://www.livestrong.com/article/267125-what-herbs-foods-are-probiotic/>

MOST PROBIOTICS MADE WITH GMO INGREDIENTS/FILLERS

- http://www.naturalnews.com/038783_probiotics_maltodextrin_gmos.html#

I just researched "pro-biotics" online and the History of its findings came in 1907 from Eli-Metchnikoff

- <http://www.formatex.org/microbio/pdf/Pages466-474.pdf>

I would like to share a quote with you where Sister White says if God has any "new light" for his people, we do not need to go to those in darkness (and she was referring to Sunday keepers who are Christians...what about the people of the world?), that He would give it to His people.

"If God has any new light to communicate, He will let His chosen and beloved understand it, without their going to have their minds enlightened by hearing those who are in darkness and error." {EW 124.2}

WHAT TO TELL THOSE WHO HAVE DIGESTIVE PROBLEMS FROM THE SOP:

"I said, you are now a sick man, and you feel your need of a physician...now you must be made to feel that you have not treated yourself as you should, but have disregarded the laws of health by your terrible neglect of yourself..." {Lt115-1898.4}

Keep regular hours. You will need to guard yourself strictly. Do not worry about any one or anything. Look to Jesus. Confess your transgression of nature's laws, and work for life...do not suppose that you must consider your digestive organs incurable. Tell the Lord all about it. You need not consult any physician. Arouse yourself, and act on the light you have. Study to understand yourself, and be determined to obey the laws the Lord has made to govern your being. Do all you can to break up the disorderly habits you have felt you could not prevent." {Lt115-1898.5}

"...From house to house, when you are presented with unhealthful food to eat, tell the people you are seeking to turn back the mighty current of physical evil, and that you dare not sacrifice your life through indulgence to please any mortal. Guard the citadel of the body. Improve in a knowledge of how to take care of the house you live in. Nature, if you give her a chance, will seek to counteract the evils placed upon her, and will take up her work and do it wisely and well." {Lt115-1898.6}

SOP ABBREVIATIONS:

CD = Counsels on Diet and Foods

CH = Counsels on Health

EW = Early Writings

LLM = Loma Linda Messages

MM = Medical Ministry